

Full Report (All Nutrients) 45109324, MICHELINA'S, LEAN GOURMET, CHICKEN ALFREDO FLORENTINE, UPC: 717854106238

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Bellisio Foods Inc

Nutrient	Unit	Data points	Std. Error	227.0 g 227g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	250	110
Protein	g	--	--	13.01	5.73
Total lipid (fat)	g	--	--	6.99	3.08
Carbohydrate, by difference	g	--	--	34.00	14.98
Fiber, total dietary	g	--	--	0.9	0.4
Sugars, total	g	--	--	3.00	1.32
Minerals					
Calcium, Ca	mg	--	--	79	35
Iron, Fe	mg	--	--	1.79	0.79
Sodium, Na	mg	--	--	590	260
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.1	0.5
Vitamin A, IU	IU	--	--	499	220
Lipids					
Fatty acids, total saturated	g	--	--	3.496	1.540
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	30	13

Amino Acids

Other

Ingredients

COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, HALF & HALF (MILK, CREAM), COOKED WHITE CHICKEN (CHICKEN BREAST WITH RIB MEAT, WATER, SOY PROTEIN ISOLATE, 2% OR LESS OF SALT, SODIUM PHOSPHATE, MODIFIED FOOD STARCH, MALTODEXTRIN AND NATURAL FLAVOR), LESS THAN 2% OF SPINACH, MODIFIED FOOD STARCH, CHICKEN BASE (CHICKEN MEAT AND CONCENTRATED CHICKEN STOCK, SALT, CHICKEN FAT, SUGAR, DRIED WHEY, FLAVOR BLEND [AUTOLYZED YEAST EXTRACT, CORN SYRUP SOLIDS, CITRIC ACID, NATURAL FLAVOR], FLAVORING, EXTRACTIVE OF TURMERIC),

CANOLA OIL, FLAVORING (HYDROLYZED CORN GLUTEN, SALT, AUTOLYZED YEAST EXTRACT, SUGAR, MALTODEXTRIN, SUNFLOWER OIL, DISODIUM GUANYLATE, DISODIUM INOSINATE, TRICALCIUM PHOSPHATE, THIAMINE HYDROCHLORIDE VITAMIN B1), MODIFIED FOOD STARCH, YEAST EXTRACT, ARTIFICIAL FLAVOR, MIXED TOCOPHEROLS [TO PROTECT FLAVOR]), SALT, XANTHAN GUM, SPICES, GRANULATED GARLIC, BUTTER CONCENTRATE (CREAM, SALT). *Date Last Updated by Company: 05/18/2016*